

Accountability Worksheet

Name:

Age:

Date:

This worksheet is designed to help individuals take responsibility for their actions and develop a sense of accountability. It is a tool to identify areas for improvement and plan actionable steps.

Understanding Accountability

Describe a recent situation where you feel you could have been more accountable.

What were your actions in this situation?

How did your actions affect others?

Reflect on why you acted in this way.

Identifying Patterns

Have you noticed any recurring patterns in your behavior that hinder accountability? Please describe.

What triggers or situations lead to these behaviors?

Setting Accountability Goals

List specific areas where you want to improve your accountability.

For each area, define a clear and achievable goal.

Developing Strategies

What steps will you take to reach these accountability goals?

How will you measure progress?

Identify potential obstacles and how you plan to overcome them.

Seeking Support

Who in your life can help you in your journey towards greater accountability?

How will you seek their support?

Reflecting on Progress

Set dates for regular reflection on your progress.

Note any improvements or challenges faced during this period.

Health Professional's Observations, Recommendations, and Notes

Name of Health Professional and Signature:

Name of Practice: